

Cut out cards along solid lines. Punch holes marked by dotted circles.

STANDING FORWARD BEND
"UTTANASANA"

WITH FEET TOGETHER, EXHALE AND BEND AT WAIST. LET UPPER TORSO HANG LOOSELY.

While exhaling, elongate your backbone, pulling away from the hips. While inhaling, relax as you let air rush into the lungs.

Let the arms hang and relax the shoulders, neck, and head.

Keep the legs straight and open the backs of the knees.

Keep the feet flat on the ground.

⊙

CHILD POSE
"BALASANA"

KNEEL FORWARD, BENDING AT THE WAIST AND KNEES. LOWER THE PELVIS TOWARDS THE HEELS. POSITION ARMS RELAXED AT SIDES, PALMS FACING UPWARDS WITH FOREHEAD RESTING ON THE GROUND.

While inhaling, expand the back ribs. While exhaling, elongate the lower back and broaden the pelvis.

Relax the neck and shoulders.

Keep the knees together.

⊙

SUPINE TWIST II
"JATARA PARIVARTANASANA II"

LIE ON BACK, KNEES TOGETHER AND HOLD INTO THE CHEST WITH ONE ARM.

While exhaling, lower the knees to the side until the elbow reaches the ground. Come back to center and repeat for other side.

Relax your hips.

Keep your shoulders relaxed. Roll your head towards the extended arm.

Keep your arm relaxed and extended.

⊙